

# 25th Trans. back after a whole lot of haulin’ runs

Story and photos by  
**SGT. MARCUS FICHTL**  
8th Military Police Brigade,  
8th Theater Sustainment Command

**WHEELER ARMY AIRFIELD** — It was past midnight at Wheeler Gulch as Soldiers from the 25th Transportation Company, 524 Combat Service Support Battalion, 45th Sustainment Brigade, 8th TSC, redeployed from Afghanistan after a yearlong deployment, Oct. 12.

The 170 Soldiers conducted more than 200 convoy missions to more than 20 different forward operating bases in Regional Command-South.

After a year, and a half-million miles of nonstop convoy operations on some of Afghanistan’s toughest roads, 1st Lt. Jacob Rebo, executive officer, said a little sleep deprivation on the final convoy home didn’t phase him. If anything, he said, there was

no other way to come in than in the middle of the night like they had done on countless missions in Afghanistan.

“Our motto is always forward,” said Rebo. “It’s what we embodied with our unit; it’s what sets us haulers apart.”

The 25th Trans. faced a constant mission, with ever-present challenges. Unlike other units, where chess-like set pieces define a deployment, the haulers and truckers of the 25th played a never-ending volley of tennis — bouncing from one FOB to the next. They represented the lifeblood flowing through the arteries that connected coalition forces in Afghanistan.

The enemy recognized its importance, as well.

In early June insurgents hit one of the company’s convoys and wounded two Sol-

See **HAULIN’ A-4**



Soldiers from the 25th Trans. Co., 524th CSSB, 45th SB, 8th TSC, reunite with loved ones at Wheeler Gulch Oct. 12. The unit conducted more than 200 convoy missions across RC-South during its year-long deployment to Afghanistan.



Spc. Kevin Holt (right), combat medic, 225th BSB, 2nd SBCT, 25th ID, is awarded the Soldier’s Medal in a ceremony, Oct. 19, from Brig. Gen. Burt Thompson, deputy commander for support, 25th ID. Holt received the medal for heroic actions he took at great risk to save the life of a civilian during his leave.

# Spc. gets Soldier’s Medal for heroism during leave

Story and photo by  
**SGT. DANIEL K. JOHNSON**  
2nd Stryker Brigade Combat Team Public Affairs

**SCHOFIELD BARRACKS** — The Soldier’s Medal was presented to Spc. Kevin P. Holt, a combat medic with 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, during a ceremony held at B-Quad, here, Oct. 19.

Holt earned the medal for heroic actions taken by him on June 11, when he saved the life of a Florida woman after she had been stabbed dur-

ing an attack by her employer, a would-be suitor.

While golfing with his father, Roger, during a surprise Father’s Day visit, Holt saw a woman and a man having a physical altercation near the Rivera Golf Course in Holly Hill, Fla. The woman, who had been working in a nearby house for years, cooking and cleaning for her assailant, fled after refusing her employer’s advances.

When Holt and other golfers approached the

See **MEDAL A-3**

# Medics put in long training hours, prep to earn coveted badge

**STEPHANIE RUSH**  
Pacific Regional Medical Command  
Public Affairs

**HONOLULU** — Medical personnel are hoping their long hours and hard work will pay off and earn them the right to wear the Expert Field Medical Badge during the next course offering, which begins Monday.

About 30 Soldiers from Tripler Army Medical Center, Public Health Command-Pacific, U.S. Army Dental Activity-Hawaii and the 18th Medical Command-Deployment Support have been meeting in the pre-dawn and post-dusk hours before and after work over the past several weeks.

Candidates from across the region, including Korea and Alaska, will join Hawaii-based Soldiers at Schofield Barracks to vie for the honor of wearing the badge.

“The EFMB signifies exceptional competence and outstanding performance of medical personnel,” said Capt. Tanekkia Taylor-Clark, who participates in the training when she’s not on duty as the clinical nurse officer in charge, General Surgery Ward, TAMC. “It is an honor to be

able to compete for such a prestigious badge.”

Established in 1965, the EFMB is a highly coveted Department of the Army-level special skill award for the recognition of exceptional competence and outstanding performance by field medical personnel. The test measures an individual medical Soldier’s physical fitness, mental toughness and ability to perform to standards of excellence in a broad spectrum of critical medical and Soldier skills.

“It is a rigorous test that challenges the mental and physical abilities of the Soldiers seeking it,” explained 1st Lt. Matthew Tullia, who served as the training officer in charge and is the deputy chief, Health Physics Section, Department of Preventive Medicine, TAMC. “While not a test of the most cutting-edge technologies and medical practices, the EFMB is a test of the basic tenets, which form the foundation of modern military medicine and Soldier skills, specifically in a combat field environment.”

Participants are tested on medical, evacuation, communication and combat skills. They also must successfully complete a written exam-

ination, a 12-mile march and day and night land navigation courses.

For many, working on earning the EFMB is a way to be challenged outside of today’s typical medical environment.

“The training 1st Lt. Tullia coordinated for us has been very helpful,” said 1st Lt. Rachel Hanlon, registered nurse, General Surgery Ward, TAMC. “I’ve gotten to work on Soldier tasks that I don’t normally get to practice in the hospital.”

Prior to sending their Soldiers to an official EFMB course, units are required to help prepare and train participants. Since late August, EFMB hopefuls have been meeting three days a week, spending more than 60 hours learning the ins and outs of the EFMB qualification course from eight current EFMB holders who served as volunteer instructors.

“After I earned my EFMB in Korea, I felt an obligation as a badge-holder to return to Tripler and train other Soldiers to earn the EFMB,” Tullia said. “I wanted to conduct the most thorough

See **EFMB A-4**



Capt. Kyle Zahn, registered nurse, Emergency Department, TAMC, flushes his eyes of any simulated contamination as he trains for the EFMB.

# Garrison leadership sets course for 2013 and beyond, plans future vision

Priorities are established

**AIKO ROSE BRUM**  
Chief, Internal Communication

**FORT SHAFTER** — “Based on resources, how do you control your own destiny?” asked Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, during a leadership off-site, here, Oct. 17-19.

The commander told his directors and chiefs,

in his opening remarks, to think through challenges and uncertainty in the operational environment and to shape conditions to benefit the Soldier and his or her family member.

“We have a normal way of doing business, but there are variables,” Whitney explained. “Standards don’t change, but we must innovate and integrate at all levels.”

Soldiers and civilians from the garrison’s 14 directorates and special staff performed intense

reviews of the command’s priorities as they relate to the garrison’s vision, mission and strategic goals to develop long-range organizational direction. They also looked at their own directorate’s strengths, weaknesses, opportunities and threats, to set conditions for the future.

“Is our objective to have the same customer service delivery?” asked Jennifer Mootz, chief, Plans, Analysis and Integration Office, USAG-HI, and off-site facilitator. “Are we flexible and

adaptable ... or are we set in our ways?”

Leaders reviewed their SWOTs and determined priorities: those going well and important to sustain, and those needed for future success. Five garrison-wide priorities took shape by day two:

- Communications and Information Dissemination;

See **FUTURE A-4**

**KTA air drop | A-5**

Exercise preps engineers for deployment

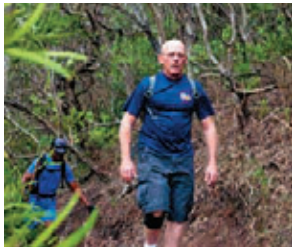


**Tropic Tattoo | A-6**

Command welcomes three senior leaders

**Resiliency atop the Koolaus | B-1**

Senior NCOs challenge a mountain and themselves



**TAMC is tops | B-4**

It’s a ‘psychologically healthy’ place to work



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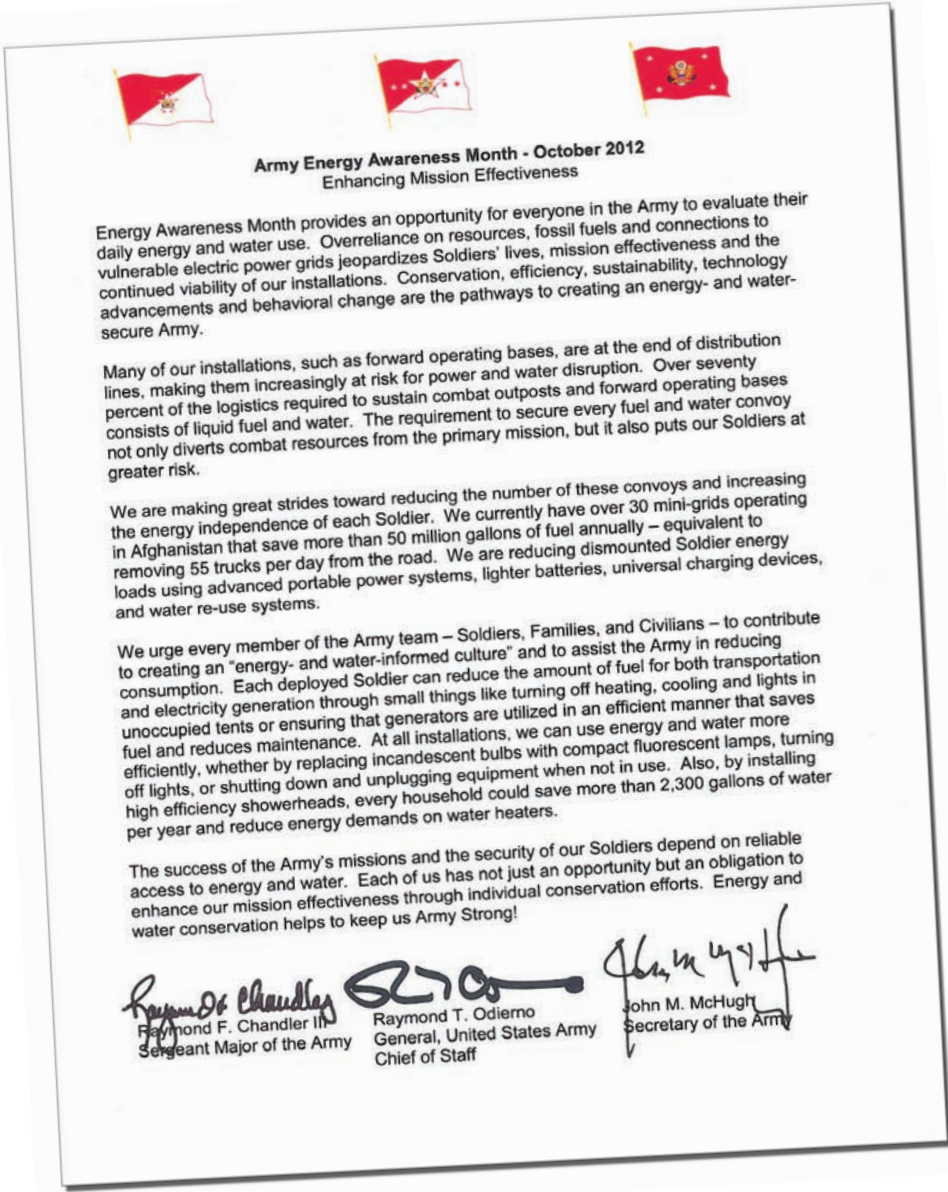
8TH TSC SOLDIER COMPETES FOR BEST WARRIOR



Staff Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Command Sgt. Maj. Nathan Hunt (left), senior enlisted advisor, 8th Theater Sustainment Command, overlooks as Master Sgt. Zelon Odom (center right), noncommissioned officer in charge of training for 8th TSC, provides guidance to Spc. Jose Figueroa (right), 536th Support Maintenance Company, 524th Combat Sust. Spt. Battalion, 45th Sust. Brigade, 8th TSC, at the 8th TSC headquarters. Figueroa represented U.S. Army-Pacific at the Best Warrior competition, Oct. 15-19.

Energy Awareness is vital



FOOTSTEPS in FAITH

Mate selection, training key to a successful marriage

CHAPLAIN (MAJ.) STEPHEN HOMMEL  
500th Military Intelligence Brigade

The 500th Military Intelligence Brigade sponsored a Strong Bonds event for singles, but some wonder about the wisdom of spending money on singles, in a time of dwindling resources. The reason, the time to prevent many marriage problems is before you actually get married.

Some of the worst memories from my four deploy- ments were seeing the deep hurt and heartbreak that Soldiers go through when they discover that their spouses cheated. The last thing on a Soldier's mind at that point is the mission.

Strong Bonds invests in Singles to prevent that very thing from happening through teaching mate selection skills. Many Americans struggle with picking the right person to marry or being one who stays married.

If you don't pick the right kind of person in the first

place, your marriage may be doomed from the start.

I once met a Soldier who came home from deployment to see a "Welcome Home" sign on the garage, and a note say- ing, in effect, "I ran off with my lover, and we are spending all your money!"

He told me the real first indi- cation that something was seri- ously wrong with their relationship was when he opened the front door of his bare house. But as we talked, I could see red flags going back to even before they were married, and in hindsight, so could he.

Nothing is fail-proof, but knowing what qualities to look for and what to avoid before marriage is more than half the battle.



Hommel

I asked Soldiers how long they thought, at a mini- mum, couples should date before getting married. They answered no less than a year. However, as we talked back and forth, about a third of the group thought it was also a good idea to live together before marriage.

Studies found that couples who live together be- fore getting married have significantly higher divorce rates than married couples who did not live together first. The question is why. I believe it has to do with commitment. When you live together, to whom are you really committed? Yourself.

When relationships are built on self-interest rather than a genuine and definitive commitment to the oth- er person, for better and for worse, it is difficult for most people to make the transition to the kind of com- mitment and unconditional love that is necessary for a successful marriage.

BACKTObASICS - Leaders' tools found in regs, not net-surfing

STAFF SGT. NICKOLAS HAMILTON

Department of Psychiatry, Tripler Army Medical Center

"What is the muzzle velocity of the M-16A2 rifle?" I asked.

My Soldier didn't know the answer and gave a simple reply: "Staff sergeant, I do not know at this time."

I then asked, "If you do not know, then do you know where you would find it?"

A smirk and a shrug came; he answered, "Google?"

The Soldier gave an unsure answer. He wasn't unsure because he was attempting to be witty or snide; rather, his answer was confident that he could, in fact, find ev- erything he wanted to know about the Army on the Internet.

The tools for leaders are readily available, regardless of the ease of using Google. Leaders need to do little more than to open a regulation and see the guidance that is a compilation of generations of Army knowl- edge.

As a Soldier who joined the Army during the post 9- 11 era, I was never told the importance of Army regu- lations and field manuals. I was merely told to sit and memorize what ARs or FMs were associated to some numerical allocation.

As I began exploring the foreign world of ARs and FMs, I started speaking to Soldiers. I realized that I was viewed as speaking a language that was foreign to oth- ers; I realized, as I cracked open regulation after regu- lation, that the information inside was actually quite useful.

It was then that I came across, potentially, the most influential document that I have seen in my Army ca- reer: FM 7-22.7, the Army Noncommissioned Officer Guide.

I couldn't believe there was an actual manual to be- ing an NCO. I flipped from page to page, carefully read- ing from one sentence to the next. I began to hang on the very words that were meant to inspire honor, duty and professionalism for generations of NCOs.

I sat perplexed as to why I hadn't been exposed to this document before. This finding was a huge piece of the puzzle I'd been missing as an NCO for many years. This FM gave me the direction I had been so desperat- ly seeking, and answered so many questions.

At Tripler Army Medical Center, great effort goes into enhancing the knowledge of our future leaders. Our NCO support channel is realizing that it goes much deeper than just saying "let's get back to basics."

This standard has spawned a new era of Soldier de- velopment at TAMC. Our command sergeant major is now holding junior enlisted professional development sessions spearheaded by junior enlisteds and NCOs.

We are engaging leaders at the lowest levels. We are empowering them to become the next generation of leaders who are not only tactically proficient, but are also technical masters of the guidance laid out in FM 7- 22.7. It was added to the TAMC list of required reading for NCOs. More than ever, there is a spirit of holding leaders and Soldiers accountable. This harkens back to an era when NCOs knew their Soldiers.

TAMC is fostering an environment of NCOs sup- porting each other, where Soldiers know what to expect from their leaders, and leaders know what they are ex- pected to do.

Our leaders are engaging their Soldiers directly, and as they leave and become a part of other units, it strengthens our Army.



Hamilton

Voices of Ohana

Halloween is Oct. 31.

"What is your favorite Halloween-themed movie and why?"

Photos by 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division



"Friday the 13th.' The main character has the most on-screen kills of any char- acter."

**Pvt. Brian Fiegelist**  
Broadcast Journalist, HHC, 2nd SBCT, 25th ID



"It' by Stephen King, I really hate clowns."

**Spc. Jonathan Goulet**  
Motor Transport Operator, Co. A, 225th BSB, 2nd SBCT, 25th ID



"Rob Zombie's 'Halloween.' It's scary and a clas- sic."

**Pfc. Taylor Harris**  
Intel Analyst, HHC, 225th BSB, 2nd SBCT, 25th ID



"Paranormal Activity.' It had the home- movie style. I liked that."

**Spc. Kevin Holt**  
Combat Medic, Co. C, 225th BSB, 2nd SBCT, 25th ID



"Halloween,' because it has the holiday in the title."

**Spc. Chase Norton**  
Fire Support Specialist, HHC, 2nd SBCT, 25th ID



# Schofield mechanics support Cav training at YTC

Story and photo by  
**SGT. ROBERT M. ENGLAND**

2nd Stryker Brigade Combat Team Public Affairs

YAKIMA TRAINING CENTER, Wash. — When it comes to equipment, one disabled vehicle can put many lives in danger. Whether deployed to combat zones or training centers, enabler support acts as a combat multiplier for combat arms units, bringing potency or longevity to the fight.

Mechanics from the Combat Repair Team, attached to the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, deployed to Yakima Training Center in Washington state for the month of October in support of the squadron’s monthlong training.

The mechanics’ efforts at all hours of the day allow the Strykehorse squadron to maintain combat effectiveness across the broad scope of its daily training operations.

Chief Warrant Officer 3 Timothy McDonald, the 2-14th CRT maintenance technician, said that he and his crew of 33 Soldiers and two civilian contractors support the cavalry squadron the way they were trained to: by repairing broken equipment.

“We provide direct support through repairs to the Strykers, as well as the guns; pretty much anything that breaks, we fix it,” McDonald said. “Anything to keep them shooting, moving and communicating, we provide that at our level.”

On average, the 2-14th CRT services 15 to 20 vehicles, daily, to include weapons systems, said McDonald.

Spc. Christopher Busch, an all-wheel vehicle mechanic with the 2-14th CRT, noted some of the issues as operator errors, while others occurred during intended usage of the equipment. All issues, however, have been different from one another, he added.

“All of the faults we’ve had, have been real random, not a lot of the same parts breaking out here. It’s always something new and something different that comes in,” Busch said. “Sometimes they’re operator-level faults, like showing them how to work the heater or properly work different aspects of the truck, or they’re big faults, like oil leaking from places it shouldn’t.”

Busch said that, in garrison, the vehicles are not subjected to the types of tough training across rugged terrain as they are when in a training environment. They may have the routine maintenance inspections and road tests, but it’s no comparison to what the vehicles face in a place like YTC.



All-wheel vehicle mechanics with the Combat Repair Team, attached to the 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, repair an M777 howitzer, Oct. 14. The CRT deployed with the cavalry squadron from Schofield Barracks to support training operations at the Yakima Training Center, Wash. The training simulated the difficulties of deployed conditions.

“Back at Schofield, the trucks don’t break as often; they’re not getting run on missions,” said Busch. “Out here, they’re driving on dirt roads, hills; they’re really putting these trucks through their paces.”

One of the benefits of pushing the trucks to their limit in this environment is that the mechanics are able to identify issues that may occur in a deployed environment under similar usage conditions, Busch said.

“The trucks are getting what it would be like in Iraq or Afghanistan, so we’re seeing a lot of the faults we would see down-range here, as opposed to garrison, where we don’t see too many problems,” Busch said.

When the time comes to repair vehicles and equipment, McDonald said that the facilities may not be fully equipped like his

workstations back on Oahu, but his talented crew still manages to get the job done.

“We make do with what we have,” McDonald said. “We have the things we require to do our job and to make sure the mission is successful; that’s the main thing.”

Many of the issues at YTC are operator-level issues, so the Soldiers in the units are not being thoroughly trained on some of the equipment, McDonald added.

“But I have a lot of young Soldiers that are straight out of Advanced Individual Training, and they’ve had that training, whether it’s operator-level or direct support-level,” he continued. “They take that training and they’re able to share it with the operators and show them how to work the equipment. I think that alone makes this mission a whole lot easier on all of us.”

## Medal: Hero rescues civilian from attack, performs life-saving measures

CONTINUED FROM A-1

couple, the medic saw that the woman had been stabbed.

“I went up with the golf club and told the man to drop the knife,” said Holt, in an interview with Orlando television station WESH. “He didn’t want to drop it, so I told him I was going to hit him with the golf club.”

Four people assisted Holt in fending off the

attacker, who dropped the kitchen knife. Holt passed his golf club to his father, who guarded the man to prevent him from getting up.

“Then, I went to work on the woman,” said Holt.

Holt performed life-saving measures, and the injured woman has since made a full recovery.

“I was only doing what any other person would have done,” said Holt. “I am grateful I was able to assist and render aid when it was needed.”

The assailant is awaiting trial.

“Courage above and beyond,” said Brig. Gen. Burt Thompson, deputy commanding general, Support, 25th ID. “You stood off an attacker and treated an individual.”

The Soldier’s Medal is awarded to any person of the armed forces who distinguishes him or herself by heroism not involving conflict with an enemy. The performance must have involved personal hazard or danger and the voluntary risk

of life under conditions not involving conflict with an armed enemy.

Part of the oath taken by all Soldiers is to protect against foreign and domestic enemies. Holt upheld his oath when he protected a citizen of the United States from certain death at the hands of a domestic enemy, said Thompson.

*(Editor’s Note: Some quotes and information for this story came from the website for WESH Channel 2, Orlando, Fla.)*



# Haulin’: 25th Trans. truckers return

CONTINUED FROM A-1

diers. The hit didn’t stop the convoy.

In retrospect, the Army could have removed the reverse gear and saved money on the trucks, because Rebo and his Soldiers weren’t going to use it. They only knew one direction: Forward!

“When we were hit, we fought back and pressed on,” said Rebo. “There is no going back for us.”

They knew the difference every convoy made. To leave an outlying FOB without its supplies could spell catastrophe for their mission and morale. They could see it in the Soldiers’ faces every time they rolled through gates.

“We could see the effects we made on the battlefield,” said Rebo. “It was gratifying to see the differences we made.”

For Rebo, one major mission stood out and showcased the effect of the transportation unit more than others.

“We backhauled an entire brigade,” said Rebo. “We closed out an entire FOB from July to August.”

It was a feat normally described with countless statistics, tonnage numbers and miles, but to the 25th Trans. Co. that mission and the entire year could be described more simply.

“It was a whole lot of haulin’,” said Rebo. “A whole lot of haulin forward.”



Soldiers from the 25th Trans Co., 524th CSSB, 45th SB, 8th TSC, redeploy from Afghanistan at Wheeler Gulch, Oct. 12. The unit conducted more than 200 convoy missions across Regional Comman-South.



A child’s sign shows his excitement as he eagerly awaits the redeployment of the 25th Trans. Co.

# EFMB: Medics train after hours in hopes of earning coveted badge

CONTINUED FROM A-1

and comprehensive training possible to motivate Soldiers to see past the 15-percent pass rate and empower them to earn this coveted badge.”

The grueling training is designed to replicate

the fog of war.

“Only a small population of medical personnel has earned the EFMB,” Taylor-Clark said. “As a nurse, the EFMB is important to me because it reminds me that I am a Soldier first ... physically and mentally tough.”

**EFMB Origins**

The Expert Field Medical Badge isn’t just for medics or people involved with patient care. Any Soldier, regardless of rank, who has a medical military occupation series or medically-related position within Army Medicine — to include veterinarians, dentists, lab techni-

cians, health care administrators, officers in training at the Uniformed Services University of the Health Sciences, Army officers enrolled in the Health Professions Scholarship Program, and warrant officers who are assigned to an air ambulance unit — are eligible to earn and wear the EFMB.

# Future: Leaders focus on way ahead

CONTINUED FROM A-1

- Customer Management and Customer Service;
- Innovation, Process Improvement and Knowledge Management;
- Synchronization and Efficiencies; and
- Workforce Development and Workforce Management.

Mootz charged six teams, comprised of varied directorates, to determine critical success factors related to the garrison’s updated priorities. Teams covered safety and security; business operations; well-being and resiliency; facilities, infrastructure and the environment; Soldier and mission support; and human resources management.

“You should walk away from here under-

standing your stake in the game,” Whitney said. “What do we need to take off our plate to focus on the Warrior?”

“We’re not broken,” he said, “but we’re going to fine-tune.”

By day three, teams had drafted up to 10 critical success factors for their areas, tied them to garrison-wide priorities, debated which factors added value and resolved which should have top priority.

Timelines and measures of success were then set for critical success factors; most become realities within a year.



Whitney





Soldiers of the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, work on the night shift to clean equipment in preparation for deployment as part of an emergency deployment reaction exercise Oct. 4.

# 84th Engineers prep for deployment air drop

Story and photo by  
**1ST LT. GRANT TAULBEE**  
130th Engineer Brigade, 8th Theater Sustainment Command

KAHUKU TRAINING AREA — It was a beautiful October day, with a clear blue sky above, here, and perfect for an air drop.

In preparation for their upcoming deployment, early next year, the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, and the 130th Eng. Bde., worked in conjunction with the Navy and Air Force to execute an emergency deployment reaction exercise.

The exercise demonstrated the battalion’s ability to deploy a company-sized air detachment within 48 hours.

“As far as the air detachment goes, I have full confidence in their ability to conduct their mission,” said Lt. Col. Aaron Reisinger, commander, 84th Eng. Bn., during the after-action review.

The exercise, which began Oct. 2, stressed the battalion’s operations processes in preparing for an emergency construction mission.

The Soldiers of Forward Support Company, 84th Eng. Bn., had some unique opportunities working in the embark yard, where all of the vehicles and equipment are prepared to be loaded

into the aircraft.

“It’s good, especially when we get to see different vehicles that we don’t (usually get to) work with” said Pfc. Ramon Willis, a fueler in the FSC, who worked on weighing and measuring vehicles. “There’s a lot of math involved and I like it.”

The Soldiers from the “Never Daunted” battalion explained that it was a lot of work crammed into a short amount of time, but they are getting a lot of knowledge out of it.

“I learned a lot,” explained Sgt. David Alex, a petroleum supply specialist in the FSC. “We learned the whole process of EDRE and the way the Navy does things.”

With no prior experience in carpentry, Alex learned the basics from Soldiers of the 643rd Eng. Co., 84th Eng. Bn., and put those skills to work by cutting all the lumber used for shoring the equipment in the aircraft. He described it as “a whole new experience.”

“We’re getting better,” said Sgt. 1st Class Ladena Stevenson, operations sergeant for the FSC. “It’s a learning experience, but overall, we’re doing good.”

The exercise concluded with seven pallets dropping into KTA.

“It was really a good exercise,” Reisinger said, with a satisfied smile.

# Soldiers help Airmen with drop zone, road repairs

Story and photo by  
**2ND LT. BENJAMIN C HANSEN**  
523rd Engineer Company,  
84th Eng. Battalion, 130th Eng. Brigade,  
8th Theater Sustainment Command

HONOLULU — Throughout the months of September and October, the 523rd Engineer Company (Horizontal), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, had the rare opportunity to team up with the Air Force and conduct a unique construction mission to repair and reconstruct the Kane’s Drop Zone in the Kahukus Training Area.

The drop zone was originally designed to support heavy equipment, supply cargo and personnel drops. Over time, however, the drop zone became unsuitable and unsafe for heavy equipment and personnel drops. Additionally, Air Force recovery vehicles could not access sections of the drop zone due to erosion and rutting on the roads.

“Before heavy equipment drops could resume, the Air Force required reconstruction work of the drop zone and on the roads leading into Kane’s DZ,” said Sgt. 1st Class Rodriguez Mizell, platoon sergeant.

The scope of work given to the 523rd was to clear, grub, grade and compact a 500-by-200 foot section of the obstructed drop zone, and install drainage structures along the access road leading to Kane’s DZ.

Capt. Jeffrey Beeman, commander, 523rd Eng. Co., assigned the project to 1st Platoon in mid-September. The platoon assigned a squad-sized element, led by squad leader Staff Sgt. Jeimie Deras, to complete construction in nine days.

“Motivation was high preparing for the project, and the area was great to work in,” said Sgt. John McAllister, a team leader.

The squad used bulldozers and graders to clear and grub the area. They removed the rolling mounds of earth and uneven terrain to level the drop zone and clear it of earth obstacles. After achieving a final grade, the squad compacted the soil and created a stable surface with a roller. As a result, recovery vehicles can now freely traverse the terrain and recover any drops.

After completing construction of the main drop zone, Deras undertook the task of repairing the drainage along the main access road leading to Kane’s DZ. The previous conditions did not have proper storm water drainage, resulting in the road being at high risk of erosion and rutting with every rain-storm. Recovery vehicles could not effectively reach Kane’s DZ under the road’s conditions.

The solution was to install three broad-based diversion ditches and various turnoff ditches that allowed storm water to flow freely across the road into natural vegetation, eliminating erosion and hazardous conditions.

The drainage repair was coordinated through the Integrated Training Area Management on Schofield Barracks.

Deras’s squad finished construction and road repair Oct. 5, one week prior to the 523rd “Bulldogs,” and the Air Force conducted a heavy equipment drop on Oct. 12. The drop zone was safe, and recovery equipment successfully retrieved all cargo.

“This project challenged me to become a better operator,” said Pfc. Brandon Brown. “I learned a lot from watching my fellow squad members work as a team and make a project come together. I look forward to similar projects in the future.”

*(Editor’s Note: Hansen is a platoon leader.)*



Soldiers with the 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, operate a bulldozer and a grader to clear and level Kane’s Drop Zone, at KTA, for future Air Force missions.

# Tropic Lightning Division hosts tattoo ceremony

Story and photo by  
**SPC. ARIANA CARY**

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division welcomed five new senior leaders into the Tropic Lighting family in a ceremony, here, Oct. 16.

Maj. Gen. Kurt Fuller, commander, 25th ID, hosted a tattoo ceremony at the Nehelani, here, to welcome Brig. Gen. Burt Thompson, Col. Pete Johnson, Col. Douglas Mulbury, Col. Thomas Mackey and Col. Brian Eifler.

“This ceremony is a way to welcome senior leaders to the community,” Fuller said. “I am proud to be your division commander, and I look forward to serving with all of you.”

Thompson is the 25th ID deputy commanding general, Support.

A native of Wilmington, N.C., and a 1984 graduate of Norwich University, his previous assignment was as deputy director for Operations with the National Military Command Center, J-3, Joint Staff in Washington D.C.

“It’s great to be here,” said Thompson. “It’s an honor to be back in the division. I absolutely love this division.”

Johnson assumed the position of 25th ID deputy commanding general, Operations. He was commissioned a second lieutenant of infantry from the U.S. Military Academy in 1985. He most recently served as the executive officer to the Army G-3/5/7, at the Pentagon, Washington, D.C.

“This is my first year in the Tropic Lightning Division,” Johnson said. “I’ll be blessed to stay here as long as the Army allows.”

No stranger to Hawaii or the 25th ID, Mulbury, who grew up as

a 3rd Brigade Combat Team “Bronco” Soldier, now returns to the Tropic Lightning Division as the chief of staff. He previously served for two years as the U.S. Army Garrison-Hawaii commander at Wheeler Army Airfield.

“Our heart has always been with Tropic Lightning,” Mulbury said.

A recent graduate of the Naval War College in Newport, Rhode Island, Mackey has assumed command of the 2nd Stryker Brigade-Combat Team. Mackey previously served as the commander for the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd SBCT, before moving on to other assignments.

“I have 10 years of wearing the 25th ID patch, and I’m blessed to come back here,” said Mackey.

Eifler assumed command of the 3rd BCT in June after serving as commander of the Regimental Special Troops Battalion, 75th Ranger Regiment, Fort Benning, Ga. Eifler stated he feels blessed to be here and that “we are all put here for a reason.”

“We are honored to be here, and it’s a great privilege,” Eifler said.

Fuller finished the remarks for the night with a prediction: “Welcome aboard. It’s going to be a sweet ride,” he said.

During this year’s tattoo, each honoree selected contemporary song pieces, such as “Last of the Mohicans” and “Soul Finger,” instead of traditional pieces. Music is an integral part of tattoos.

All songs were performed by the 25th ID Rock Band.

*(Editor’s Note: Information used in this article was taken from various articles and publications.)*



Maj. Gen. Kurt Fuller (right), commander, 25th ID, talks with Col. Thomas Mackey (left), commander, 2nd SBCT, 25th ID, and Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd SBCT, prior to the 25th ID Tattoo Ceremony at the Nehelani, Oct. 16. Tattoos are an evolving tradition dating back more than 200 years.

## News Briefs

Send announcements for Soldiers and civilian employees to  
community@hawaiiarmyweekly.com.

### 27 / Saturday

**Flu Vaccinations** — Vaccines will be available 9 a.m.-2 p.m at the Hickam Base Exchange. Tricare beneficiaries can receive their flu vaccine at military medical treatment facilities and at

local schools on specific dates and times up to Nov. 29. For hours and locations, visit [www.tamc.amedd.army.mil/flu](http://www.tamc.amedd.army.mil/flu).

### 28 / Sunday

**Medical Badge Testing** — The 18th Medical Command (Deployment Support) will lead U.S. Army Pacific’s Expert Field Medical Badge testing for medical Soldiers throughout the Pacific Theater, Oct. 28-Nov. 8.

Be aware of candidates during the road march, 5-8 a.m., Nov. 8, at Wheel-

er Army Airfield. The road march route includes Santos Dumont Avenue, Bunker Place, CW2 Latchum Road, Denny Road, and Airdrome Road.

Expect delays, yield to Soldiers and observe the PT speed limit of 10 mph.

### 31 / Wednesday

**Halloween** — Authorized Halloween trick or treat hours for the Fort Shafter and Schofield Barracks areas are 5:30-9 p.m., Oct. 31.

Keiki under the age of 10 must be accompanied by an adult. Law enforce-

ment will be increased during trick or treat hours.

## November

### 1 / Thursday

**Change of Command** — Col. J. Anson Smith, commander, Pacific Regional Medical Command and Tripler Army Medical Center, will relinquish command to Brig. Gen. Dennis Doyle, 10 a.m., Nov. 1, at the TAMC flagpole. Call 433-5785.

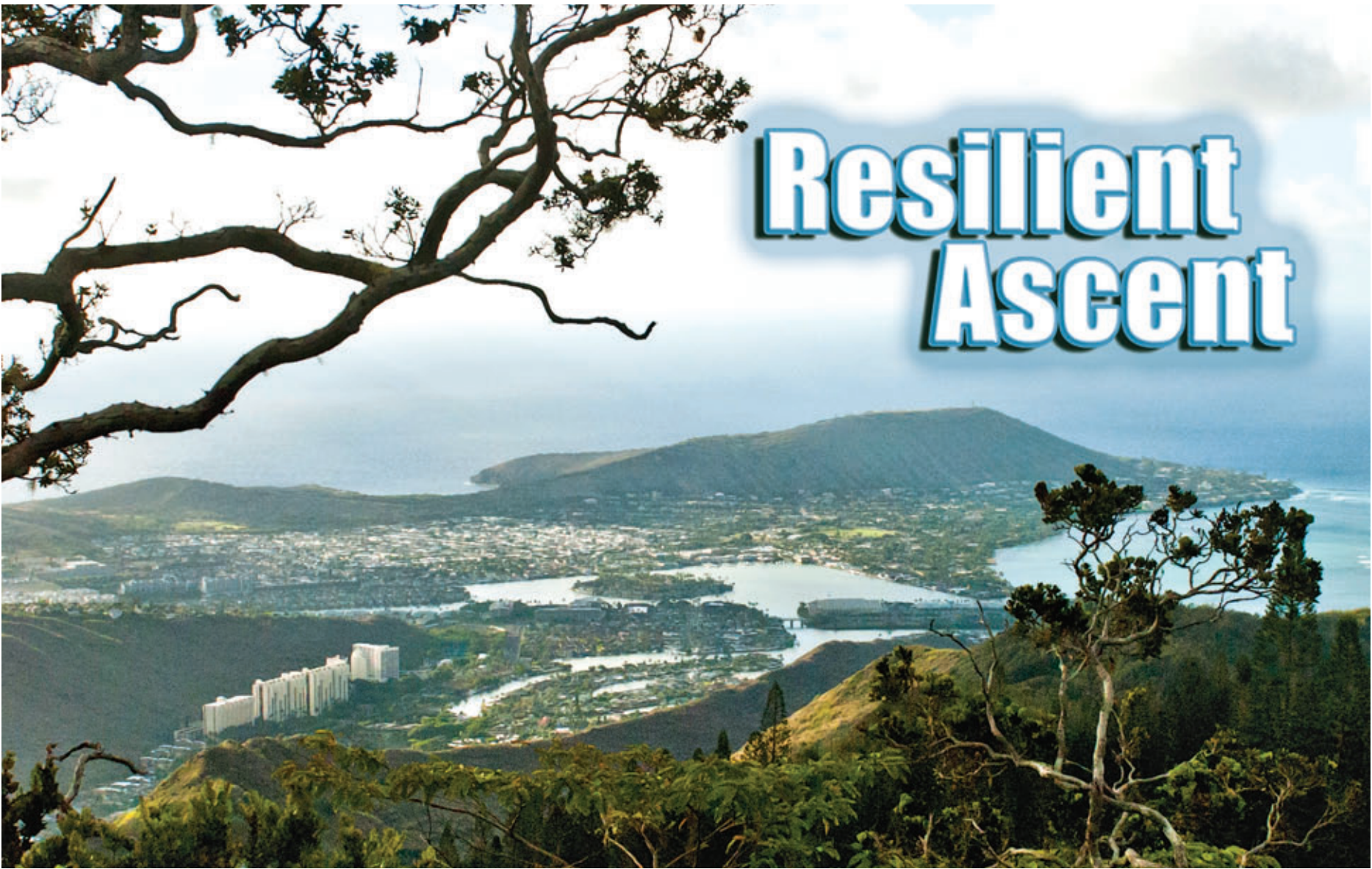
### 6 / Tuesday

**Election Day** — Exercise your franchise to vote! The Installation Voting Assistance Office is located at the Schofield Barracks Soldier Support Center, Bldg. 750, 673 Ayers Ave., Room 103. Email [usaghi.voting@us.army.mil](mailto:usaghi.voting@us.army.mil) or call 655-7182.

The federal voting assistance web portal provides help with the absentee ballot process at [www.FVAP.gov](http://www.FVAP.gov).

Call (703) 588-1584, or toll free at (800) 438-1584.





HONOLULU — Pictured is the view from the nearly 2,000-foot Koolau summit, overlooking Hawaii Kai and East Oahu, that senior noncommissioned officers of the 8th STB, 8th TSC, saw after a hike up the Kuli'ou'ou Ridge Trail, here, for senior NCO physical training incorporating master resiliency training, Oct. 12.

# 8th STB senior NCOs learn resiliency atop the Koolaus

Story and photos by  
**STAFF SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

HONOLULU — Following big Army’s push to make Soldiers more resilient, senior non-commissioned officers with the 8th Special Troops Battalion, 8th Theater Sustainment Command, came together for a combination hike and master resiliency classes on the Kuli’ou’ou Ridge Trail, Oct. 12.

The NCOs followed the 1.66-mile hike up to the nearly 2,000-foot Koolau summit, stopping at various points along the way, to learn some of the master resiliency lessons outlined by the Army and the University of Pennsylvania.

Resiliency training is part of Comprehensive Soldier Fitness, which focuses on the five dimensions of strength: emotional, social, spiritual, family and physical.

“We’ve been working for about the last year on Comprehensive Soldier Fitness,” said retired Gen. George Casey Jr., former chief of staff of the Army, at the master resiliency training pilot program at the University of Pennsylvania in August of this year. “It’s designed to bring mental fitness up to the same level that we give to physical fitness. In this era of persistent conflict, we’ve found that the vast majority of Soldiers deploying have a positive growth experience because they’re exposed to something very difficult and they succeed. Our goal through Comprehensive Soldier Fitness is to ensure all Soldiers have the skills to grow and succeed.”

The 8th STB heard that message loud and clear, and has been using classes, as well as its junior- and senior-level NCO development programs to teach Soldiers and NCOs about resiliency and the part it plays in their overall health.

“A lot of times, seniors don’t realize how important it is to catch our negative thoughts and change them into positive ones,” said Master Sgt. Sydney Lamb, main finance official for the 8th TSC. “Initially, when we started the hike, I didn’t think I could do it, but I used resiliency to push myself and change my way of thinking until I reached the top of the summit.”

“We wanted to really do some training that was truly physically challenging, where they would need resiliency to complete the task,” said Sgt. 1st Class Raymond Law, operations noncommissioned officer for the support operations section of the 8th TSC, and the coordinator for the day’s event. “We put together a senior NCO master resiliency challenge that incorporated physical training with two mod-

ules of (master resiliency training).”

MRT is being adapted from the Positive Psychology Program at the University of Pennsylvania in Philadelphia. Positive Psychology is a branch of psychology that focuses on the empirical study of such things as positive emotions, strengths-based character and healthy institutions. More than a dozen scientific studies have shown positive results in students whose teachers have been trained in the program, including better grades, less dropouts and less behavioral issues.

*Resiliency training is part of Comprehensive Soldier Fitness, which focuses on the five dimensions of strength: emotional, social, spiritual, family and physical.*

“I want to create an Army that is just as psychologically fit as it is physically fit,” Casey said in “Comprehensive Soldier Fitness: A Vision for Psychological Resilience in the U.S. Army” in “American Psychologist.”

“The key to psychological fitness is resilience, and from here on, resilience will be taught and measured throughout the United States Army,” he said.

The 8th STB and the 8th TSC will continue efforts to promote resiliency and MRT through classes, training and other fun activities that incorporate hands-on learning.

“The plan I put in place is going to be the template for upcoming events,” said Law about MRT and future training. “We are going to continue to implement MRT into as many things as possible. It’s good training and will help strengthen our Soldiers and our Army.”



Senior noncommissioned officers with the 8th STB, 8th TSC, hike up the Kuli’ou’ou Ridge Trail for senior NCO physical training incorporating master resiliency training, Oct. 12.



Senior noncommissioned officers with the 8th STB, 8th TSC, pose for a picture at the nearly 2,000-foot Koolau summit after the hike up the Kuli’ou’ou Ridge Trail.

**Master Resiliency Training**  
To participate in the Authentic Happiness Program at UPENN, visit [www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu).





Briefs

Today

**Hawaiian Buffet** — Every last Friday of the month, enjoy a Hawaiian luau lunch buffet at Fort Shafter’s Hale Ikena dining room or Schofield Barracks’ Kolekole Bar and Grill for \$12.95. Call 438-1974 (FS) or 655-0660 (SB).

27 / Saturday

**Stand Up Paddleboarding** — Enjoy the coastline with Outdoor Recreation, Oct. 27, 8:30 a.m.–1:30 p.m. Cost is \$59. To register, call 655-0143.

November

1 / Thursday

**Texas Hold’em** — Every Thursday, beginning at 6 p.m., the Tropics Warrior Zone hosts a free tournament that tests your poker skills against the best Army players around. All ID cardholders 18 and older are welcome; no buy in.

Non-players invited to enjoy the atmosphere and featured menu items. Call 655-5698.

2 / Friday

**Right Arm Night** — Fun begins at 4 p.m., Hale Ikena, FS. Enjoy all-you-can-eat buffet and drink specials with an 80s’ theme. Spouses and civilians welcome.

Tickets are \$5 in advance; \$8 at the door. Call 438-1974.

3 / Saturday

**Pro Bowl Tickets** — 2013 NFL Pro Bowl ticket sales begin Nov. 3, at the Leisure Travel Office. First day of ticket sales will be at the Schofield Barracks LTS only. Tickets will be available for purchase from Fort Shafter LTS starting Nov 5.

15 / Thursday

**Richardson Pool Closure** — Richardson Pool will be closed due to construction, Nov. 15 to May 2013. During this time, Helemano swimming pool will assume Richardson Pool operations.

Helemano Pool Hours:  
•6 a.m.-2 p.m., weekdays;  
•2-5 p.m., weekdays, open swim and swim team practice;  
•10 a.m.-5 p.m., Saturdays, open swim;  
•PT and adult lap swimming require reservations through Richardson Pool;  
•Sundays, HMR pool closed.

SPOOKY PREPARATION



Sarah Pacheco | Honolulu Star-Advertiser

**WHEELER ARMY AIRFIELD** — An ominous graveyard littered with disgarded bones only hints at the horrors that await inside the chambers, behind ... The Wheeler Saddle Club, here, hosts a Haunted House from 5-9 p.m., today and tomorrow (Oct. 26-27), complete with haunted hayride, gross house and chamber of terrors brimming with shocking (and utterly disturbing) surprises.

Also available is a keiki area with fairground games, pumpkin painting and trick-or-treating for younger thrill-seekers, as well as a food booth stocked with hot dogs, shaved ice, cotton candy and more for sale. Tickets to the event cost \$7 per person, are free for children ages 12 and younger, and are available at the gate. Parking is on-site at the stables, located on Denny Road. For more Halloween happenings, see B-5.

AFAP Conference set to begin

ARMY FAMILY ACTION PLAN

Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

**SCHOFIELD BARRACKS** — The 2012 Army Family Action Plan, or AFAP, which begins Monday, here, is a grassroots program for the Army family to bring necessary changes to the attention of Army leaders.

“AFAP is a great program that positively impacts the quality of life for Soldiers and families. It is important for leaders at all levels to remain engaged and understand what issues our Soldiers and families face,” said former AFAP participant Lt. Col. Timothy Hayden, commander, 1st Battalion, 21st Infantry Regiment. “It really is reassuring to know that AFAP takes on these issues and works diligently with the chain of command to ensure our quality of life is commensurate with the tremendous service we get from our Soldiers and families.”

Through AFAP, the life of the entire Army family has greatly improved. Starting with the first conference in 1984, AFAP has established minimum standards for Army child care. In subsequent years, AFAP established the need for a military Thrift Savings Plan, or TSP; a reformed military pay table (targeted pay raises); extended educational benefits for surviving spouses; and mandated in-state tuition rates for military personnel and their family members.

In its 29 years, AFAP has completed 507 issues. Today, 36 issues are active; of those, one is currently being discussed that directly impacts families here in Hawaii.

Issue #672 is the “Reimbursement for Public School Transportation for Active Component Army Families.” This issue is being worked at the highest levels of Army leadership.

Soldiers and family members can follow the status of this issue, and all other current DA issues, at [www.MyArmyOneSource.com](http://www.MyArmyOneSource.com).

“It really is part of being a great ‘team of teams’ that makes serving here in the 25th Infantry Division, USARPAC (U.S. Army-Pacific), and the U.S. Army such a positive experience,” Hayden said.

Issues are important, and taking part in the improvement of the community builds resilience and encourages positive skill building.

Soldiers and family members are encouraged to become active and involved and to speak up regarding issues needing the attention of the AFAP.

AFAP Submissions

Submit your issues today by going to the Army Hawaii FMWR homepage at [www.himwr.com](http://www.himwr.com).

All-Army Boxing Coaches

**Deadline** — The All-Army Boxing application period for athletes closes Nov. 15. The Trial Camp is tentatively scheduled Dec. 27-Jan. 27; the Armed Forces competition is scheduled for Jan. 28-Feb. 3; and the Nationals are Feb. 24-March 3.

For more details and selection criteria, visit [www.allarmysports.army](http://www.allarmysports.army)

[mwr.com](http://mwr.com) or call the Sports, Fitness and Aquatics Office, 655-9654.

Ongoing

**NFL Sunday Ticket Kickoff** — Catch all the games Sundays at the Tropics. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Jewish Services** — Weekly worship services are now held 7:30 p.m., Friday nights, Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. There are no longer Saturday morning services or Monday Bible studies at JBPHH. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) can call 348-4560 or visit [www.chabad.ohawaii.com](http://www.chabad.ohawaii.com). Saturday services are available at the Ala Moana Hotel. Call 735-8161.

27 / Saturday

**The Kava Festival** — This celebration of Kava, part of Hawaiian heritage, will be held 9 a.m.-6 p.m., Oct. 27, at the University of Hawaii,

Main Campus, McCarthy Hall. Visit <http://kavafestival.org>.

31 / Wednesday

**Domestic Violence Food Drive** — The ACS Family Advocacy Program will collect food items, 9 a.m.-1 p.m., Oct. 31, SB Commissary and FS PX Marketplace for Domestic Violence Awareness Month. Call the ACS Family Advocacy Program at 655-1866.

November

2 / Friday

**Arbor Day Celebrations** — Tree plantings and activities for keiki will take place throughout Island Palm Communities. For details, visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).

3 / Saturday

**Special Olympic Benefit** — More than 100 adventure-seekers will drop 31 stories off the edge of the Sheraton Waikiki in support of Special Olympics Hawaii, Nov. 3. Participants must be at least 18 years of age by Nov. 3 and weigh less than 300 pounds to participate. For more information on Special Olympics Hawaii, call 943-8808 or

7 / Wednesday

**Hawaii Theatre Center** — The Hawaii Opera Theatre’s Opera Express traveling education program presents “The Curse of Lou-Ling,” 7 p.m., Nov. 7. Appropriate for children in grades K through 8; tickets range from \$5-10; children under 4 years are free. Call 528-0506 or visit [hawaiitheatre.com](http://hawaiitheatre.com) for more information and tickets.

**Curriculum Night** — Teachers will share information on Common Core State Standards, 5-6:30 p.m., Nov. 7, at Wheeler Middle School. Call 622-6525.

10 / Saturday

**Arizona Memorial** — The National Park Service at World War II Valor in the Pacific National Monument will host author and historian Vera Williams, 6:30 p.m., Nov. 10, to discuss Women Air Force service pilots of World War II in com-

memoration of Veterans Day. This event is free and open to the public. RSVP at 423-7300, ext. 7048.

11 / Sunday

**Veterans Day Special** — Inns and bed and breakfasts across the U.S. and Canada have signed up to participate in the fourth annual B&Bs for Vets program. More than 100 U.S. bed and breakfasts and inns will participate with the special offering. Visit [www.bnbsforvets.org](http://www.bnbsforvets.org) for participating inns in the U.S.

17 / Saturday

**MCB Hawaii Turkey Trot Run** — The 15th annual Marine Corp Base-Hawaii Turkey Trot 10K Run will be held 7 a.m., Nov. 17, Dewey Square, on base. Open to the public, online registration is available until 4 p.m., Nov. 13. Registration will also be accepted on-site on race day.

**Bellows Turkey Trot 5K Run** — This annual event will be held 8 a.m., Nov. 17, Bellows Air Force Station, for all ID cardholders, DOD civilians, family members and sponsored guests. Call 259-4112 or visit [www.bellowsafs.com](http://www.bellowsafs.com).

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m., Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
  - 9 a.m. at FD, MPC and TAMC chapels
  - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR

Single Soldiers’ Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



The Odd Life of Timothy Green

(PG)  
Fri., Oct. 26, 4 p.m.

Lawless

(R)  
Fri., Oct. 26, 7 p.m.  
Sat., Oct. 27, 7 p.m.

Paranorman

(PG)  
Sat., Oct. 27, 4 p.m.  
Sun., Oct. 28, 2 p.m.

Ted

(R)  
Wed., Oct. 31, 7 p.m.

The Expendables 2

(R)  
Thurs., Nov. 1, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# ‘Bayonet Spouse’ learns challenges of Soldier life

Story and photo by  
**2ND LT. CORTNEY HEAPS**  
65th Engineer Battalion, 130th Eng. Brigade,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Working together, the squad-sized element fought through adversity and moved its equipment across treacherous obstacles.

The squad then moved on to firing semiautomatic and automatic rifles and machine guns, and showed grit by performing an Army physical fitness test, or APFT.

But squad members were not Soldiers; they were spouses.

The 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, conducted “Bayonet Spouse,” an all-day event that allowed husbands and wives the opportunity to conduct various engineer missions, familiarize themselves with military training, and build unit and family readiness group cohesion, here, Oct. 13.

“Everyone worked together,” said Lt. Col. Darman Place, commander, 65th Eng. Bn. “All the events were about teamwork, putting your life in another person’s hands when you clear a room. Whether you are the first man through the door or the last, nobody out there is more important than anyone else.”

Spouses demonstrated high motivation and dedication to every station.

Alexis McVicker, wife of Command Sgt. Maj. Harold McVicker, senior enlisted leader of the 65th Eng. Bn., is a prior Marine and was highly motivated on the first obstacle at the LRC.

“I need to know time,” she said, as she was planning the next move for her team. “I got to

strategize.”

Throughout the day, spouses were introduced into the lives of their Soldiers.

Braving the leadership reaction course, squads worked together as a team to safely get their teammates and equipment over to the other side without falling into the quicksand below.

Following the LRC, spouses then went right into a modified APFT, consisting of one minute of push-ups and sit-ups. Spouses also made paper targets breathe a little easier at the Infantry Demo Range by shooting some holes through them with an M240B machine gun.

In addition to familiarization, squads received training on standard room clearing procedures from the 34th Eng. Company (Sapper), 65th Eng. Bn.

Maj. Shawn Patrick, training officer, 65th Eng. Bn., was very pleased with the execution of training and how positively affected the spouses were.

“It is all about the Army Family Covenant, bringing spouses and Soldiers together, better understanding what they go through on a day-to-day basis,” Patrick said. “This activity helps spouses better cope with stress as we prepare for deployments.”

In addition to great training and fun, spouses and their mates received a visit from Taylor Wily, an actor on the TV show “Hawaii 5-0” and a friend of Place. The actor showed his support by participating in selected activities.

Wily brought his wife and two children to the event, who joined in with one of the squads and participated in the military training.

“I think that Taylor’s son had the most fun



Helga Brannick, wife of 1st Sgt. Christopher Gilman, 34th Eng. Co. (Sapper), 65th Eng. Bn., 130th Eng. Bde., 8th TSC, enters a room while conducting proper room clearing procedures during the Bayonet Spouse event, Oct. 13.

out of everyone,” said Place. “He had an ear-to-ear smile the entire time.”

At the end of the day, the best squad, the best shot from the M240B and the best APFT scorers received awards and certificates.

Bayonet Spouse is special to the 65th Engi-

neers, Place explained, because few units provide families a firsthand view of a day in the life of a military man or woman.

The 65th Eng. Bn. will continue this event to help strengthen unit cohesion as the battalion prepares for deployment.

## Survey reveals major savings from shopping at Exchange

Research details more dollars saved compared to all major U.S. retailers

**EXCHANGE PACIFIC REGION  
PUBLIC AFFAIRS**  
News Release

CAMP FOSTER, Japan — A comprehensive price survey is confirming what many military shoppers already have long known – buying at the Exchange saves more money every day than shopping all major U.S. retailers.

Market Basket Survey results show the Exchange saves shoppers an average of 27 percent over major retailers, and more than five percent savings compared to its largest discount competitor. Along with these savings, customers do not pay sales tax on their Exchange purchases.

Retail Data, an independent counseling firm, conducts the Market Basket survey, which accounts for 365 items commonly purchased by shoppers. Survey officials comparatively shopped at both the Exchange and popular competitors. Local and national

prices were analyzed at more than 120 retailers, including major grocery, drug, discount, big box and specialty stores.

Though staff work continually to provide low prices and value, even Exchange officials said they were surprised when the latest survey showed an average 3-percent savings increase, besting last year’s 24 percent for a new average overall market basket savings of 27 percent.

“The Exchange really is your best shopping

value,” said Sgt. Maj. James A. Pigford, senior enlisted advisor, Exchange-Pacific Region.

“Plus, we’re right here on the posts and bases where you serve, giving dividends back to military communities.”

The Exchange’s 2012 Market Basket Survey included more of the items and brands customers purchase every day, with the greatest savings in electronics, clothing and home furnishings.





Pacific Regional Medical Command leaders pose for a photograph after the Hawaii Psychological Association’s Psychologically Healthy Workplace Award luncheon, at the Koolau Ballrooms and Convention Center, Kaneohe, Oct. 19. They are, from left, Richard Ries, Resiliency subject matter expert, Care Provider Support Program, PRMC; Howard Reyes, supervisor, CPSP, PRMC; Col. J. Anson Smith, commander, PRMC and Tripler Army Medical Center; and Dr. David Brown, chief, Behavioral Health, PRMC.

# TAMC given top award for healthy work environment

More than 4,000 work, stay fit, use day care, train at medical center

Story and photo by **STEPHANIE BRYANT**  
Tripler Army Medical Center  
Public Affairs

KANEOHE — Tripler Army Medical Center was presented with a “Psychologically Healthy Workplace” award by the Hawaii Psychological Association, Oct. 19, during an awards luncheon at the Koolau Ballrooms and Conference Center, here.

This is the 13th year that HPA, in cooperation with the American Psychological Association, has established the “healthy workplace” awards in Hawaii, but this year was the first time that Tripler has applied for recognition.

“Tripler is an amazing place to work.”

— **Daniel Kopf**  
Member of HPA

HPA holds the event in co-operation with the American Psychological Association, or APA.

Now in its 13th year, the program recognizes organizations statewide that have demonstrated excellence in the implementation of psychologically healthy work policies and practices.

Tripler took top honors in the military organization category.

In order to be eligible for the award, Tripler had to undergo a site visit from HPA representatives. Categories examined during the visit included employee growth and development, employee involvement in decision-making, work-life balance, and health and safety.

“Win or lose, this process allowed us to learn about what we are doing right and what we aren’t doing right,” said Richard Ries, resiliency subject matter expert, Care Provider Support Program, Pacific Regional Medical Command.

“There are bottom-line values (to participating in a program like this),” said Ries.

“Tripler is an amazing

**On the Web**

For more information on healthy workplace environments, visit the Hawaii Psychological Association at [www.hawaii-psychology.org](http://www.hawaii-psychology.org).

place to work,” said Dr. Daniel Kopf, a member of the HPA who was part of the site visit. “The application (for the award) that they gave us was literally 50 to 60 pages long.”

Additionally, Tripler was invited to apply to the APA’s national Psychologically Healthy Workplace Award competition.

Some of the programs and services that make Tripler, which has around 4,000 employees, such an employee-friendly place to work include employee fitness rooms, resiliency classes, on-site day care, and numerous training opportunities and benefits, such as tuition reimbursement.

According to Ries, employers who support their employees’ psychological and holistic well-being help “reduce costs across the board, reduce attrition and turnovers, and increase productivity levels.”

“(The programs and services Tripler provides) all around makes for a better, more productive, well-rounded staff,” said Howard Reyes, supervisor, CPSP, PRMC. “It shows the things (Tripler’s leadership) are emphasizing really promotes employee participation ... and health and wellness makes a big difference

in the hospital and the productivity of our staff.”

Additionally, competing for awards, such as these, give organizations like Tripler the opportunity to network with other local organizations and share their knowledge and programs.

# Strategies avoid the flu

**SHARI LOPATIN**  
TriWest Healthcare Alliance

PHOENIX — Did you know that nine out of 10 healthy people who get a flu shot, don’t get the flu?

According to the Centers for Disease Control and Prevention, it’s true.

And because it takes two weeks for a flu shot’s immunity to build completely, now is the best time to get vaccinated for flu season.

**Tricare coverage**

Military families are in luck. Tricare will cover flu shots or flu mists at no cost. Just make sure to receive the vaccination from your local military clinic, a Tricare network provider or a Tricare network pharmacy.

If you go to a pharmacy, make sure the actual pharmacist gives you the flu shot or mist, to avoid out-of-pocket costs.

If you choose to get your shot at the doctor’s office, be aware that some physicians may charge a small co-pay for the office visit. Also, it’s a good idea to call your local military clinic, first, to find out when flu shots are available.

**Coaxing kids for a flu shot**

The CDC recommends everyone 6 months and older get vaccinated against the flu, but do your kids throw a fit or shut down when it’s time for their shots?

Making the “shot experience” smooth for your children can be a challenge.

Perhaps, if children see mom or dad getting vaccinated, too, they may go more willingly. Leading by example is important.

Here are some tips:

- Go for your flu shot when you take your kids for theirs.
- Ask if the clinic or pharmacy has flu

mist available as an alternative to the shot. Just check with your child’s health care provider, first, to see if it’s a good fit.

- Offer to get your shot, first; it will help to relax your kids.
- If fun or colorful bandages are available, ask to wear one alongside your children.
- Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

**Other ways to avoid the flu**

Keeping active, getting enough sleep and eating healthy foods can help you stand strong against the flu.

Besides getting a flu shot, taking everyday steps from the CDC can help you avoid the flu, in the first place:

- Wash your hands properly; scrub with soap and warm water for approximately 20 seconds, or the time it takes to sing “Happy Birthday.”
- Try to avoid touching your eyes, nose and mouth. Germs spread this way.
- Manage your stress.
- Drink plenty of fluids.
- Use a tissue to cover your nose and mouth when you sneeze, and then, throw away the tissue.

If a tissue is not available, cover your mouth with the crease from your elbow. Never use your hands.

**Fight the Flu**

For more information on flu prevention tips, visit [www.triwest.com/flu](http://www.triwest.com/flu).

To locate a Tricare-covered pharmacy that offers flu vaccinations, call 1-877-363-1303 or visit the Express Scripts website at [www.express-scripts.com](http://www.express-scripts.com).

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# Halloween Happenings



Halloween related activities around the Garrison and the island of Oahu include the following:

**26 / Friday**  
**Wheeler Haunted House** — Wheeler Saddle Club, with the help of Better Opportunities for Single Soldiers, is hosting a Haunted House and Fall Fest, 5-9 p.m., Oct. 26-27, at Wheeler Stables, Denny Road, Wheeler Army Airfield. Admission is \$7 for adults; kids 12 and under enter free.  
Attendees can park up at the flats and be shuttled down the barn road by hay wagons.

**Saints and Sinners Halloween Bash** — Come dressed in your favorite Halloween costume, 9 p.m., Oct. 26, at Tropics Warrior Zone, Schofield Barracks. Prizes for best-dressed Halloween attire. No cover. Food and adult beverages available for purchase. Call 655-5698.

**Zoo Treats and Tails** — This event is 5:30-7:30 p.m., Oct. 26-27, at the Honolulu Zoo. Take a Halloween tour with treats along the way. Cost is \$20 for adults, \$16 for ages 3 to 12 or \$14/\$10 for members. Call 971-7195 or visit [www.honolulu zoo.org](http://www.honolulu zoo.org).

**27 / Saturday**  
**Pumpkin Carving Festival** — Windward Mall will host a Family Day, 10 a.m.-5 p.m., Oct. 27, where families can unite to create the holiday's most festive decoration, the Jack-o-Lantern. Also, Windward Mall will host safe trick-or-treating at participating stores, 5:30-7 p.m, Oct. 31.

**Exchange Halloween Events** — The Schofield Exchange is holding a parade and costume contest, 11 a.m.- 1 p.m., Oct. 27, for babies and youth up to age 17.  
Oct. 31 is Trick or Treat, 4-9 p.m.

**Halloween Bowling Bash** — A special night of bowling fun is offered from 7:30 p.m.-12:30 a.m., Oct. 27, at the Schofield Bowling Center. Activities include a deejay, games and prizes.  
Enter the "Best Bowler in Costume" contest (1 adult and 1 child winner). Must be in full costume and on a lane by 9 p.m. to be eligible. Call 655-0573.  
Join the Fort Shafter Bowling Center, 8 p.m.-midnight, Oct. 27, for a deejay, games and prizes. Call 438-6733.

**Hallowbaloo** — This annual free street music and arts festival in Chinatown includes four outdoor stages, 5:30-10 p.m., Oct. 27, Nuuanu St. in Honolulu. Club Hallowbaloo includes one cover charge for 10 clubs, until 2 a.m.; visit [www.hallowbaloo.com](http://www.hallowbaloo.com).

**28 / Sunday**  
**Royal Hawaiian Center Spooktacular** — Bring the keiki, 3-5:30 p.m., to the Royal Hawaiian Center for a festive costume contest at 4 p.m., followed by trick-or-treating at participating stores marked with balloons. Call 922-2299 or visit [www.RoyalHawaiianCenter.com](http://www.RoyalHawaiianCenter.com).

**31 / Wednesday**  
**Oahu Ghost Tours** — This 6th annual Graveyard Shift tour leaves at midnight the morning of Halloween. Tours restricted to 18 years

and older. Call 524-4944 or visit [www.oahughosttours.com](http://www.oahughosttours.com).

**Spooktacular Lunch Special** — "Nothing but Pumpkins" features a regular lunch buffet with some pumpkin flair. Call 438-1974 for Mulligan's (FS) and 655-4466 for Kolekole (SB).

**Garrison Halloween** — Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas will be 5:30-9 p.m., Oct. 31. Keiki under the age of 10 will require an adult escort.  
The Directorate of Emergency Services will provide increased presence in the community during trick or treat hours.  
Military and Department of the Army civilian police will work together to ensure all activities are conducted in a safe manner.

**IPC Halloween Events** — All IPC community centers will be passing out Halloween treats from 3-5 p.m., Oct. 31. Some IPC community centers have special Halloween activities/treats planned:

- Porter Community Center, Monster High Halloween Party, 3-6 p.m, Oct. 31. Call 275-3770 or log on to the IPC Community Calendar; and
- Wheeler Community Center, Spookbeer Floats, noon-3 p.m., Oct. 31. Call 275-3790 or log on to the IPC Community Calendar.

**Pearlridge Halloween Spooktacular** — Keiki under 12 years and dressed in costume can enjoy partaking in the annual trick-or-treating at participating stores' "treat stations" throughout Pearlridge Center. Uptown Center Court will feature a fun-filled performance by Mad Science Hawaii from 6-7 p.m.  
Free trick-or-treating to follow from 7-8 p.m.

**Community Sponsored Trick or Treat** — Celebrate Halloween at the free Liliha Treat Street, 5-7 p.m., Oct. 31, along the intersection of Liliha and Kuakini streets, Honolulu. Enjoy a mini-pumpkin patch, face painting, costume contest and Halloween activities for keiki of the community. Open to the public; all keiki are welcome. Call 225-9206.

## Ongoing

**Haunted Lagoon** — The Haunted Lagoon at the Polynesian Cultural Center, 55-370 Kam. Hwy., Laie, consists of a spooky canoe ride through the PCC lagoon and runs through Oct. 31. A keiki-friendly ride is available. Visit [www.HauntedLagoon.com](http://www.HauntedLagoon.com).

**Pumpkin Patch Festival** — This annual event is 8:30 a.m.-5 p.m., weekends, at Aloun Farms, 91-1440 Farrington Hwy., Kapolei, through the end of October.  
Pick your own pumpkin, enjoy hayrides, pony rides. Cost is \$1; free for ages 2 and under. Cash only. Call 677-9516, ext. 14; visit [www.alounfarms.com](http://www.alounfarms.com).

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